

Are you having a baby? Do you have a child between 0 and 2?



COME JOIN OUR CLASS!

Tuesday, **10AM-12PM**(In the Edna Pillsbury WIC Health Ed Room)
2222 Simon Bolivar
(PRENATAL CLASS SERIES)

JANUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 Having a Good 9 Months; Looking out for your Baby's Health	9	10	11	12
13	14	15 The Big Day: Preparing for Labor and Birth	16	17	18	19
20	21	22 Feeding & Caring for Your Baby!	23	24	25	26
27	28	29 Caring for Yourself; Birth Spacing	30	31		

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Are you having a baby? Do you have a child between 0 and 2?



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(PARENTING CLASS SERIES)

FEBRUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Keeping you & your Baby Safe; Feeling Sad After Having the Baby/Stress	6	7	8	9
10	11	12 No Class! (Mardi Gras Day)	13	14	15	16
17	18	19 How to listen and talk to your Kids; Relationships; Discipline and Childhood Behaviors	20	21	22	23
24	25	26 Birth Spacing; Safer Sex; Domestic Violence and Abuse	27	28		1111

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